



Presidio of Monterey *Community News*



Vol. 5, No. 5

Serving the military and civilian community at the Presidio of Monterey and POM Annex

Mar. 13, 1998

What's new:

Postwide Yard Sale Mar. 14

The next quarterly post yard sale, open to the public, will be held on POM Annex (former Fort Ord). (See "Events" section, Page 7, in this issue.)

Next issue:

Mar. 27, 1998

(deadline is Mar. 17 to
submit information for the
Mar. 27 issue)

Federal Holidays, Training Holidays for 1998

May 22: Training Holiday
May 25: Memorial Day
July 4: Independence Day
July 6: Training Holiday
Sept. 4: Training Holiday
Sept. 7: Labor Day
Oct. 12: Columbus Day
Nov. 11: Veterans Day
Nov. 26: Thanksgiving Day
Nov. 27: Training Holiday
Dec. 25: Christmas Day

Public invited to official memorialization

Dedication of General Stilwell Community Center Mar. 14

Stilwell family members and the commanding general of the Army's Training and Doctrine Command, Fort Monroe, Va., will formally dedicate the General Stilwell Community Center, the former Fort Ord NCO Club, at 3:30 p.m. March 14. The facility, Building 4260, is located on the former Fort Ord at the corner of North-South and Gigling roads (near the commissary and post exchange).

The General Stilwell Community Center is named after Gen. Joseph W. "Vinegar Joe" Stilwell, who commanded the reactivated 7th Infantry Division and Fort Ord in 1940 and later became the III Corps commander at the Presidio of Monterey. He built up Fort Ord and originated the idea for the original Soldiers' Club overlooking Monterey Bay in the early 1940s. Besides commanding the 7th Infantry Division and Fort Ord, Stilwell also commanded the China-Burma-India theater of operations during World War II. He died in 1946 at the Presidio of San Francisco. Guest speakers will include retired Col. John Easterbrook, Stilwell's grandson; Gen. William Hartzog, the commanding general of the Army's TRADOC command, and Col. Daniel Devlin, commandant of the Defense Language Institute Foreign Language Center and commander of DLIFLC and the Presidio.

Col. Easterbrook and Mrs. Winifred Cox, one of Gen. Stilwell's daughters, will unveil the memorial plaque to the famous World War II leader. A memorial hallway inside the building's rear entrance features pictures of Stilwell's military career.

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The POM **Community News** newsletter supplements the **GLOBE** (DLI's linguist-focused magazine) providing current information on local news and events for joint service military and DoD civilian community members of the Defense Language Institute Foreign Language Center (DLIFLC), U.S. Army Garrison Presidio of Monterey and Presidio of Monterey Annex. We welcome you to send information and short articles that may be of interest to our local community (please include your name and phone number). If you're interested in the Classified Ads section (POM-MART) see Pages 22-24. If your item(s) have sold, please let us know. Also, periodically added to this newsletter is a Telephone Directory (Page 19 this issue). Notify the editor if there any changes or corrections to this directory.

Write, E-mail or fax information to:

**Defense Language Institute Foreign Language Center
Public Affairs Office (ATZP-PAO)
ATTN: Community News editor (SFC Hope J. Rickman)
Building 614, Room 142 (Rasmussen Hall)
Presidio of Monterey, CA 93944-5006**

Telephone: (408) 242-5104 or FAX: (408) 242-5464
MS Mail: **Rickman, SFC Hope** - (Community News editor)
or E-Mail: **Rickmanh@pom-emh1.army.mil**

Command's hotline (Bossline) - 242-POST

Dial 242-POST or 242-7678/ MS Mail: **BOSSLINE** / E-mail: **Bossline@pom-emh1.army.mil**

The command's hotline is for you to call in (24 hours daily) or MS Mail / E-Mail your thoughts, ideas, concerns, and complaints, to include helping the command spot security and safety problems on the Presidio or its Annex.

Deadlines for submitting information

Mar. 17 (for the Mar. 27, 1997 issue)

Mar. 31 (for the Apr. 10, 1997 issue)

Available on the World Wide Web:

The **Community News** and the **GLOBE** magazine can be accessed via computer/modem by selecting "Presidio of Monterey HomePage" <http://pom-www.army.mil>

The **Community News** newsletter is Army-funded, authorized under the provisions of U.S. Army Regulation 360-81, and produced bi-monthly by the Public Affairs Office, Defense Language Institute Foreign Language Center (DLIFLC), at the Presidio of Monterey (POM).

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The installation and garrison commanders, chief of public affairs and **Community News** editor reserve the right to edit materials as necessary to conform to editorial policies.

DLIFLC Installation Commander

COL Daniel D. Devlin

DLIFLC Installation CSM

CSM Debra E. Smith

Garrison Commander

COL David F. Gross

Garrison SGM

MSG David G. Bartlett

DLIFLC Executive Officer

LTC Jack J. Isler

Chief, Public Affairs

Mr. Michael J. Murphy

Editor / Design / Layout /

Public Affairs NCOIC

SFC Hope J. Rickman

Distribution this issue: 3,500 copies

Serving Your Installation:

ACS Employment Services: *here to help you locate a new job this Spring...*

... welcome to our community, Anita Rothard, the new employment assistance staff person.

The Employment Services Office, sponsored by the Army Community Service Employment Assistance Program, Building 4260 (General Stilwell Community Center), POM Annex, offers **one-on-one assistance in resume writing, job hunting skills, interview skills, and provides job leads.**

Other free services include:

Labor market information, job training information

On line resume bank

On line local and federal job opening lists

Assistance in tapping the hidden job market

The employment counselor works with soldiers transitioning out of the military and family members coming onto the post. There is a special program for teens looking for their first job or summer employment. Stop in to talk with Anita Rohard about any of your employment needs. Workshops are offered monthly on resume preparation, job hunting, interviewing and negotiating salary and benefits.

This month's employment workshops are Mar. 19 and Mar. 20 (See Events, Page 8). For more information, call 242-7907.



*To the service members of
the Defense Language Institute
who selflessly volunteered their time
during the recent storms.*

*The City of Monterey says,
"Thank You."*

*You filled sand bags,
identified clogged storm
drains and assisted other
community residents
in their time of need.*

You made a difference.



This publication is also available on the World Wide Web:

The *Community News* and the *GLOBE* magazine can be accessed via computer/modem by selecting "Presidio of Monterey HomePage"

<http://pom-www.army.mil>

Specific information on legal and military personnel issues, and the history of the Presidio of Monterey can be accessed via the Presidio of Monterey HomePage noted above, or directly as follows:

Staff Judge Advocate / Legal Assistance: <http://pom-www.army.mil/w3-atzp/ja/la>
Adjutant General Office: <http://pom-www.army.mil>
History <http://pom-www.army.mil/w3-pages/history.htm>

Specific Defense Language Institute Foreign Language Center (DLIFLC) information is available at:

DLIFLC <http://www.dli.army.mil/>
DLIFLC general catalog <http://www.dli/dci/catalog/index/htm>

Other useful HomePages for defense and military information are:

DefenseLink <http://www.dtic.dla.mil/defenselink/index.html>
Army <http://www.dtic.dla.mil/army/link/>

Go to "Installations" for a specific Army location (such as Presidio of Monterey)

"Zero Tolerance"
Key: Respect

**Worldwide
Assistance
for military**
1-800-267-9964
**"Harassment and Sexual
Abuse Assistance Line"**

Local services hotlines

Community Human Services Crisis Line
373-4773, 24-hour, Monterey

Domestic Violence Crisis Line
372-6300, 24-hour, Monterey

Domestic Violence Prevention Hotline
1-800-540-5433, 24-hour

Women's Crisis Center
757-1001, 24-hour, Salinas

**Monterey County Men's Alternative to
Violence**
373-4167, Monterey

Monterey Rape Crisis Center
375-4357, Monterey
633-5900, Prunedale

**Monterey County Family and
Children's Service**

Child Protective Services
899-8015, Monterey
755-4660, Salinas
385-7400, King City

**Crisis Intervention & Referrals to
Prevention Programs**

Family Resource Center
394-4622, Monterey
757-7915, Salinas

Call the BOSSLINE

**24-hour hotline,
confidential reporting
to local command**

Try first reporting abusive behavior incidents through your chain of command. If needed, call the DLIFLC/POM Command's 24-hour Hotline, "BOSSLINE,"

Call 242-POST

On post assistance

POM POLICE

Building 4468, Gigling Road

Federal Police Desk

242-7851, 242-7852 or 242-7853

(Note: all telephone lines listed above are monitored and taped.)

Police Emergency

911

**FAMILY ADVOCACY
at Army Community Service**

242-7653

Open

Monday through Friday

Location:

Community Center, Building 4260,
corner of North-South and Gigling
roads, POM Annex.

What's new:

March is ... Red Cross Month

SALINAS — The Monterey County Board of Supervisors presented a proclamation to the Monterey County Chapter of the American Red Cross on Mar. 10 in Salinas.

WASHINGTON — President Clinton has proclaimed March as American Red Cross Month. He urged Americans to support Red Cross chapters nationwide and challenged them to get involved in advancing the organization's humanitarian work. March has been Red Cross Month since President Franklin D. Roosevelt first proclaimed it in 1943. At that time, the Red Cross was heavily involved in providing services, blood and comfort to Americans fighting in World War II.

Volunteers needed for claims and health

The Red Cross is looking for volunteers to place in the following offices: Judge Advocate General (work in claims) and at the POM Medical Clinic. For more information, please call the POM Red Cross office at 242-6800 and ask for Jim Nelson.

Retired Cook? Registered Nurse?

The Red Cross is looking for retired cooks who can volunteer to help cook in Red Cross industrial kitchens.

Also, Registered Nurses are needed to volunteer in Red Cross Disaster Shelters. Anyone interested, please call Jim Nelson at 242-6800. For more information, please call the POM Red Cross office at 242-6800 and ask for Jim Nelson.

FEDERAL INCOME TAX TIPS

Fourth and final in a series of tax tips provided by Legal Assistance to help you during the 1998 tax filing season: (The first, second and third in this series appeared in the Jan 30 issue (Tax Tips nos. 1-8), the Feb 13 issue (Tax Tips no. 9-15) and the Feb 27 issue (Tax Tips no. 16-34) of the Community News.)

35. TAX TIP: Are state and local sales taxes deductible anymore? No, the Tax Reform Act of 1986 rescinded this deduction.

36. TAX TIP: I am stationed overseas and would like my spouse to file on my behalf. Can she prepare the joint return and sign my name to it? Yes, if she has a power of attorney authorizing her to do so. The IRS will accept a general power of attorney for this purpose if it specifically mentions tax matters. Your local Legal Assistance Office can prepare an appropriate power of attorney for you.

37. TAX TIP: Jane earned \$2,300 providing child care for fellow Americans in Korea last year. How much of it is subject to income tax? None — if she

meets either the residency test or physical presence test requirements, she can exclude the money she earned from her income using the Foreign Earned Income exclusion. By filing Form 2555 (or Form 2555EZ), Jane can exclude it from her taxable income. Note, however, that the earnings may be subject to self employment tax.

38. TAX TIP: What is the maximum amount of moving expenses I can deduct for travel, meal, and lodging expenses in moving from the old to the new residence? The full amount of the travel and lodging expenses may be deducted, but only if they exceed all reimbursements that the taxpayer has received (This is unlikely in the military). Further, meal costs are not deductible as a moving expense.

(Continued, Page 21)



UNIT TAX ADVISORS

INSTALLATION TAX ADVISOR (JUDGE ADVOCATE GENERAL)

Spc. Burgess, 242-5084

HEADQUARTERS AND HEADQUARTERS COMPANY

Cpt. Mays, 242-6084, and Sgt. 1st Class Andruszka, 242-5419

229th MILITARY INTELLIGENCE BATTALION

A Company Staff Sgt. Warner, 242-6659

B Company 2nd Lt. Cathcart, 242-6653, or Staff Sgt. Betts, 242-7944

C Company 2nd Lt. Howard, 242-5538

D Company Staff Sgt. Harrison, 242-5310

E Company Spc. Antkowiak, 242-5083

F Company 2nd Lt. Ross, 242-5148

NAVAL SECURITY GROUP DETACHMENT

Mess Specialist Chief (SS) Zamora, 242-7122

NAVY-MEDICAL

Petty Officer 2nd Class Hillier, 242-5614 or 242-5615

MARINES CORP DETACHMENT

Lance Cpl. Stack, 242-5822

CALIFORNIA MEDICAL DETACHMENT

Staff Sgt. Moody, 242-7584

AIR FORCE ELEMENT

Master Sgt. Fisher, 242-5679 or Sgt. Pederson, 242-5264

311 TRAINING SQUADRON

Staff Sgt. Defayette, 242-7482, or Staff Sgt. Elliott, 242-7158

March is Women's History Month

Installation activities: Mar. 18 (Teacher Interaction in the Cross Cultural Classroom); Mar. 19 (Federal Women's Program Committee Awards Ceremony); and Mar. 20 (Living the Legacy of Women's Rights) -- see "Events" section, Page 8. (For quotes, including those of Abigail Adams and Erica Jong, see "Worth Repeating," Page 15)



Commander's Proclamation

Women's History Month



WHEREAS women of every race, social status, and ethnic background helped found this nation in countless ways (as servants, slaves, nurses, homemakers, industrial workers, reformers, pioneers and soldiers) some recorded, many not;

WHEREAS women comprise nearly half this country's labor force and thereby play a vital role in the economy, as well as the social and cultural spheres of our nation's life; and have been the backbone of the volunteer movement;

WHEREAS women of every race, social status, and ethnic background have been in the forefront of every progressive social movement, such as abolition of slavery, emancipation, the labor movement, and the modern civil rights movement, as well as for their own right of suffrage and equal opportunity;

WHEREAS despite these contributions, the role women have played has been consistently overlooked and undervalued in history;

NOW, THEREFORE, I proclaim March 1998 as Women's History Month at the Defense Language Institute, Foreign Language Center and Presidio of Monterey, to coincide with Women's History Month across the nation and request all persons at Defense Language Institute, Foreign Language Center and Presidio of Monterey, civilian and military, to join in the observances planned during the month to recognize the contributions made by women of yesterday and today.

DANIEL D. DEVLIN Colonel, AR Commanding

EVENTS

Old Monterey Market Place

Every Tuesday

MONTEREY - The Old Monterey Market Place is Monterey Peninsula's largest weekly event. This open air market, lining both sides of Alvarado Street in downtown Monterey, features arts, crafts, produce, international foods and Baker's Alley.

Fall and Spring hours: 4 to 7 p.m. through March; and starting in April, 4 to 8 p.m. through September.

Directions: from DLI and Presidio of Monterey: exit at the Franklin Street Gate. Go straight down the hill following Franklin Street. At the base of the hill is downtown. Continue only two blocks to the corner of Franklin and Alvarado streets. (If driving, there are several parking garages within a few blocks).

**Application deadline
early April for**

Thrift Shop's annual Student / Spouse Scholarship

The Presidio of Monterey Thrift Shop will award \$5,000 in scholarships to local family members of active duty, reserve or retired military members by May. There will be \$2,000 allotted for spouses and \$3,000 for students. Applications are available at the Thrift shop with a deadline for submissions in early April. Call 899-4975 for information (10 a.m. to 4 p.m. Wednesdays and Fridays).

Free CPR Class with American Red Cross

Mar. 14

POM/PACIFIC GROVE - The American Red Cross invites you to attend a free CPR Class (adult CPR) on Mar. 14 at the Pacific Grove High School.

To register for classes, please call 1-888-686-3600. Sponsored by the American Red Cross Monterey County Chapter, Presidio of Monterey. Help Can't Wait.

POM Annex Yard Sale (Change in location)

Mar. 14

POM ANNEX - The next quarterly yard sale will be held on Saturday, Mar. 14 (10 a.m. to 1 p.m.). The yard sale location has been moved to a site near the Transportation Motor Pool off of 8th Avenue from its previous locations at the 2nd Avenue lot.

Directions: After entering the main gate, continue straight until the first major intersection. Turn right on North South Road and continue to the next intersection (North-South and Gigling roads). Turn left/stay on Gigling Road until you reach 8th Street and turn left.

The quarterly yard sale generally attracts about 150 to 200 vendors and several thousand patrons.

Vendor registration fee is \$5 for Active Duty and Active Duty Family Members who reside on POM Annex (former Fort Ord) or the Presidio of Monterey, and \$10 for retirees, La Mesa/NPS and DoD card holders.

AUSA Sixth Region Conference held in Monterey

Mar. 13-15

MONTEREY - The Monterey Bay General Joseph Stilwell Chapter of the Association of the United States Army is hosting the 1998 AUSA Sixth Region Annual Meeting.

The three-day meeting will be held Mar. 13-15, Friday through Sunday, at Monterey's Holiday Inn- soon to be a Hilton Hotel, located at 1000 Aguajito Road. Scheduled guests include: Gen. William W. Hartzog, Commanding General of the Training and Doctrine Com-

mand; (Ret.) Theodore G. Stroup, AUSA's Vice President, education, and managing director of the Institute of Land Warfare.

The conference kicks-off with a 18-hole best ball golf tournament Mar. 13 at the Rancho Canada Golf Course in Carmel Valley. The cost is \$90 for golf which includes: golf fees, half a golf cart, Rancho Canada windshirt, box lunch and dinner of either steak or halibut at the clubhouse.

The tournament is open to everyone. For more information, call Staff Sgt. Linda Kessinger at 242-5315.

Also, on Mar. 14, Saturday, there will be a special dedication ceremony at 3:30 p.m. officially renaming the Community Center to the General Joseph Stilwell Community Center.

This dedication will also be attended by TRADOC Commander Gen. Hartzog, local commanders Col. Daniel Devlin, Commandant/Commander DLI/POM and Col. David Gross, POM Garrison commander, and many other distinguished guests.

Marine Art Exhibit in the spirit of Whale Fest

Mar. 14

POM ANNEX - This exhibit will show through Mar. 17 at the Monterey Conference Center, Alvarado Gallery, One Portola Plaza, Monterey. Call 646-5640 for more information.

Job Application Workshop

Mar. 17

NAVAL POSTGRADUATE SCHOOL - The way you fill out a job application gives employers an impression about you - make it a good one! Sell your strengths

Emphasis will be on how to write descriptions of work experience, complete SF171, KSAs, Official Form 612, Federal Resume formats, and civilian applications supplementary questions.

Meet from 1 to 4 p.m. at the Family Service Center, 1280 Leahy Road, Building 3, La Mesa Village. For reservations please call 656-3060. Class size is limited.

Saint Patrick's Day Mar. 17



Newcomers Orientation Mar. 18

POM ANNEX - You are invited to a Newcomers Orientation on Wednesday, Mar. 18 from 10 a.m. to 3 p.m. at the General Stilwell Community Center. You'll find out about the activities and services at the Presidio, have lunch, and tour the Monterey Peninsula. The orientation is open to all newcomers arriving during the past several month and is sponsored by Army Community Service and the Presidio of Monterey Chaplains. To reserve a space on the bus, call ACS at 242-7660. Child care is provided (call 583-1058 by Mar. 10).

Women's History Month Event *Student-Teacher Interaction in the Cross Cultural Classroom*

Mar. 18

POM - In observance of Women's History Month, the Federal Women's Program Committee offers the following presentation/training:

Presenter: Ms. Sabine Atwell, Chief, Faculty Development Division, DLI

Time: 1 to 4 p.m.

Place: Weckerling Center, Bay View Room

SRAM Sea Otter Classic USA Cycling's Grand Slam Fest Mar. 18-22

(Mail entries prior to Mar. 10)

MONTEREY (Laguna Seca Raceway)/ and SAN JOSE - For the first time in cycling history, the Sea Otter Classic includes all cycling disciplines in a single venue. Event days are Mar. 18 through Mar. 22, 9 a.m. to 5 p.m. each day.

Some of the events will be: Mavic Elite Road Stage Race (Mar. 20, 21); Vredestein Road Race (Mar. 21); WTB Mountain Bike Pro Stage Race (Mar. 20-22); Yakima Mountain Bike Run Fide (Mar. 21); Easton Mountain Bike Observed Trials (Mar. 20-22); Sea Otter Mountain Bike Dual Slalom (Mar. 21); Look Mountain Bike Dirt Criterium (Mar. 21); WTB Mountain Bike Cross-Country (Mar. 22); SRAM Sea Otter Mountain Bike Industry Cup Team Race (Mar. 21, 22); Mountain Dew BMX National Championship (Mar. 20); USA In-Line Racing's Elite Skate Race (Mar. 21); and ASA Aggressive Street Skate Contest (Mar. 21, 22).

In addition to all the competitive events at Laguna Seca Recreation Area, there will be Pro Track Racing at the Hellyer Park Velodrome in San Jose: Sea Otter Track Racing (Mar. 18).

Events Hotline: (650) 306-1414

Website: www.seaotter.org

Note: enter early, some categories fill up quickly.

Entry Form questions: (650) 306-1414

Mail entry to:

Sea Otter Classic, P.O. Box 7230, Redwood City, CA 94063-7230

SCRAM Beach Party: Mar. 21 at Pirate's Cove, 256 Figueroa Street, Monterey, from 8:30 to 11 p.m. for everyone. Admission: \$10. Call (312) 664-8800 or visit website: www.scram.com

Some event rules:

No pets allowed; all USCF, NORBA and NBL rules apply; licenses required at registration (one-day licenses available at registration); ANSI- or Snell-approved helmets required for all cycling and in-line events; and no phone or fax entries will be accepted. To obtain an in-line entry form, call Seventh Wave at (888)SK8-LINE (758-5463).

The Monterey County Parks and Recreation Department will collect a \$6 per day vehicle use fee at the front gate.

This fee is not included in the registration fees. For information, call 373-1839 or 367-7797.

Employment Workshop Mar. 19, 20

POM ANNEX - The Employment Assistance Program announces four workshops for job seekers Mar. 19 and 20.

Attend any or all employment workshops.

Also available for your specific job search needs:

FREE one-on-one individualized service with an Employment Specialist and Career Counselor, including: assistance with resume and cover letters; labor market information; current job openings; full time and part time; job hunting ... finding the hidden job market; career exploration; work experience opportunities; job training opportunities ... get new skills; finding and keeping the job; on line resume bank; post your resume on the Internet.

Mar. 19:

1.) **The Job Search Process** (10 a.m.-1 p.m.); 2.) **Resume/Application Writing** (1:30 p.m.-4:30 p.m.)

Mar. 20:

3.) **Interviewing** (10 a.m.-1 p.m.); 4.) **Salary/Benefits Negotiations** (1:30-4:30 p.m.)

Preregistration is required. For information about the workshops or Employment Counseling services, call Anita Rothard at Army Community Service, 242-7907.

"If you need help, we are here. Each person is important. We want to make your stay in Monterey the best experience of your military career" -- ACS

Kids On The Move Mar. 19, 26

NAVAL POSTGRADUATE SCHOOL - This workshop is for children ages five to 12 who have relocated to or are relocating out of the Monterey area.

Meet from 10:15 to 11:15 a.m. at the Family Service Center, 1280 Leahy Road, La Mesa Village, Building 3. For more information, call 656-3060 or 656-3175.

Women's History Month Event *FWPC Awards Ceremony honoring outstanding women* Mar. 19

POM - The Outstanding Woman, Outstanding Employee and Outstanding Supervisor of the Year will be honored on Mar. 19 at 3:30 p.m.. Hosting the annual event is the Federal Women's Program Committee.

Nora Deis,
DLI's first Outstanding Woman
of the Year retires after 55 years
Mar. 19

Place: Weckerling Center
Time: 3 to 4 p.m.

Devoting 55 years to the service of our nation, her varied career began in 1943 as a CAF-2 Clerk Typist. Obtaining a military furlough from March 1945 through June 1946 while she was enlisted in the U.S. Women's Naval Reserves (WAVES), she reinstated in a civilian position. In 1959, she transferred to the Presidio of Monterey to serve in the Civilian Personnel Office. In 1977, she was reassigned to position of Employee Relations Specialist. It was in this year that the local union nominated her for an award for her efforts, welcoming her partnering. Filing a position normally viewed as adversarial to a union, she earned respect. Her work successes showed when, in 1997, the Civilian Personnel Evaluation Agency, reported: "The absence of unfair labor practice charges and the lack of arbitration cases since fiscal year 1995 reflects the constructive and cooperative union/management relationship." With her retirement set for Mar. 19, the Federal Service, will lose one of its most caring and special employees.

Women's History Month Event
"Living the Legacy of
Woman's Rights"
Mar. 19

POM - In observance of Women's History Month, the Federal Women's Program Committee offers the following presentation/training:

Faculty Personnel System: Question and Answer Seminar

Presenter: Ms. Esther Rodriguez, FPS Administrator, DLI

Time: 3:45 to 4:45 p.m.

Place: Weckerling Center, Gold Room

Old Monterey Sidewalk
Fine Arts Festival
Mar. 20-22

MONTEREY - Featuring handcrafted ceramics, paintings and sculpture, the Old Monterey Sidewalk Fine Arts Festival will be held on Alvarado Street sidewalks from 10 a.m. to 5 p.m. For more information, call 655-8070.

Monterey Spring Fair
Mar. 21-22

MONTEREY - Admission is free to Monterey's Spring Fair. This handmade arts & crafts fair, with about 50-60 craftsmen, will be at the Custom House Plaza from 9 a.m. to 5 p.m. Call 622-0700 for more information.

Film Commission Oscar Night
Mar. 23

MONTEREY - The Monterey County Film Commission Oscar Night will be held at the Pebble Beach Tennis Club. Featuring a large dinner and auction this event is formal (black tie optional). Cost is \$55. Call 646-0910 for more information.

5th Annual
Welcome "Hawaii" to Monterey
presenting OLOMANA
(OLENA PRODUCTIONS)
Mar. 28

Monterey - Doors open at 5 p.m. for the 5th Annual Welcome Hawaii at the Monterey Conference Center, One Portola Plaza. Evening events include special guest Ku'uipo Kumudahia; a show at 7:30 p.m.; cultural exhibit and booths; a no host cocktails; and music and entertainment provided by the Olena Blend band from 6:30 to 7:15 p.m.

Cost is \$25 (advance tickets) and \$30 at the door. For tickets and information, call Lei Fernandez - (408) 384-1830, Manley Bush - (408) 384-8757 or E-mail olenaproduct@aol.com

13th Annual
"Together with Love 10K/ 5K"
Mar. 29

A Benefit Run for the
Monterey Rape Crisis Center
PACIFIC GROVE - Traditionally held in February, this year's Monterey Rape Crisis Center benefit run has been postponed until Mar. 29 due to the "El Nino" rains.

The non-profit 13th Annual Together With Love 10K Run and 5K Run/Walk rally point will be at Lovers' Point Park, Pacific Grove. Actual race time begins at 9 a.m. until 11 a.m. The

race route is mostly flat and loops along the Pacific coastline at Asilomar.

Call the Race Hotline:
(408) 373-3389.

Race Features: Long sleeve t-shirt to all participants; TAC/USA certified course; race results mailed to all participants; and post-race drawing and refreshments (must be present to win).

Awards 10K: three deep, each age group top three overall male/female (m/f) pairs
Awards 5K: three deep in each age group and top three overall m/f

Awards wheelchairs: top three m/f
Categories: 10K/5K: 14-under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-above. **10K male/female pairs:** 59-under; 60-79; 80-99; 100-over.

Pre-registration:

\$18 per person prior to Mar. 20. (Note: m/f pairs and wheelchairs participants must pre-register by Mar. 20.)

Registration:

\$21 per person after Mar. 20.

Race Day Registration:

begins at 7:30 a.m. on race day, Mar. 29, at Lovers' Point Park. (Note: Late or incomplete entries will be held at the "problem table" on race day.)

Race Start Time: 9 a.m.

Procedures:

Submit one form per person; pairs must mail entries together in one envelope; male/female pairs may only enter in 10K and automatically qualify in individual age groups; all entries must be signed (participants under age 18 must have parent's/guardian's signature; race numbers/instructions will be mailed to all participants who include a self-addressed, stamped #10 envelope; late or incomplete entries will be held at "problem table" on race day.

Make checks payable to:

Monterey Rape Crisis Center, P.O. Box 2630, Monterey, CA 93942

Directions: Follow Highway 1 to the Pebble Beach/Pacific Grove exit (Highway 68). Turn right onto Highway 68 which turns into Forest Avenue. Stay on Forest Avenue until Ocean view Boulevard. Lovers' Point will be on your left.

Parking: Street parking will be available along Ocean View Boulevard, and side streets (allow sufficient time to walk from your vehicle to the start point).

Events

AER Fund Campaign *Soldiers helping Soldiers*

Apr. 1 - May 2

POM - Army Emergency Relief or AER was established in 1942 to help soldiers and their families overcome times of distress and misfortune.

This year marks the 56th Anniversary of AER assistance to Army personnel around the world.

In 1997, AER provided \$94,317.78 to 172 soldiers, retirees, and their families in the Presidio of Monterey community. Of this amount, \$12,694.96 was given in the form of grants.

Nowhere else is this kind of generous assistance available to help Army families in times of need. The DLI/POM command encourages everyone to support this campaign.

Local Wine and Art **Festival** **Apr. 5**

CARMEL - Celebrate the Spring season at Chateau Julien Wine Estate's **Wine and Art Festival** Apr. 5 from 11 a.m. to 5 p.m. The "Garden Courtyard" at chateau Julien Wine Estate provides a fitting backdrop for you to acquaint yourself with our local culture.

Spend a few hours admiring the beautiful artwork from various local artists, while tasting chateau Julian's new spring wine releases complemented by a lighter fare.

Reservations required by Apr. 3. Chateau Julien Wine Estate is located at 8940 Carmel Valley Road (408)624-2600. No charge.

Visit our website for information about other Chateau Julien special events. www.chateaujulien.com

Next Commander's Cup Run **Apr. 15**

The next Commander's Cup Run will be held Wednesday, Apr. 15 at 4:20 p.m., in the Soldier Field vicinity.

Grand Prix of Laguna Seca **Apr. 17-19**

MONTEREY - The AMA National Superbike Races will highlight the Grand Prix of Laguna Seca at the Laguna Seca Raceway Apr. 17 through Apr. 19. For more information, call 1-800-327-SECA or (408) 648-5100.

Seafood and Music Festival **Apr. 18-19**

MONTEREY - The Old Monterey Seafood and Music Festival will be located on Alvarado Street and Custom House Plaza from 10 a.m. to 5 p.m. and will feature fresh seafood, a craft show and live music (blues and rock). Admission is free. Call 655-8070 for more information.

National Library Week **Apr. 19 - 25**

Parade, Proclamation of **Motorcycle Awareness Month** **Apr. 19**

MONTEREY - Come join other motorcycle enthusiasts in Salinas as we celebrate the start of the riding season on Sunday, Apr. 19. The parade begins at 9:30 a.m. at Star Market, Main and Blanco streets and ends across from the courthouse. At 10 a.m. the "resolutions proclaiming May as Motorcycle Awareness

Month will be read with comments by state and local officials and public safety representatives. Some dignitaries will be arriving on motorcycles. Check out the bikes, talk to riders, take photos, learn about rider safety courses and other interesting topics. All riders and members of the public are invited for information, call ABATE Motorcycle Organization at (408) 375-7867.

May is Motorcycle **Awareness Month**

AER Golf Tournament **May 2**

MONTEREY PENINSULA - The retired E-9 Association will be sponsoring this tournament at the Navy Golf Course. For more information, entry forms, or to reserve a power cart, call Chuck Hopper at (408) 384-4546.

CSMC 10th Anniversary Run **for motorcycles** **May 3**

MONTEREY - Riding, live music, barbecue and raffle prizes will be the main events at this year's Clean and Sober Motorcycle Club 10th Anniversary Run. Meet on May 3 at Laguna Grande Park in Seaside on Cyn Del Rey. Registration/sign in is from 9 a.m. to 11 a.m. For more information, call (408) 384-0508.

Motorcycle Poker Run **All motorcyclists welcome** **May 16**

MONTEREY - Ride a motorcycle? Want to ride with others, meet local riders while gaining motorcycle education and safety skills? One of several annual events sponsored locally by the local American Brotherhood Aimed Towards Education #35 (or ABATE #35) is the upcoming "Poker Run" motorcycle competition. Start point is in Monterey. Registration/sign in is from 9 a.m. to 11 a.m. at the American Legion Post #41 located at 1089 Jefferson Street. Bring a \$10 donation (for the 1:30 p.m. barbecue). The event includes a raffle. For more information, call (408) 375-7867.

Easter Sunrise Service **at the Presidio of Monterey** **Apr. 12 (7 a.m.)**

POM - Overlook the bay during this year's Easter Sunrise Service to be held at Soldier Field (parade field), Presidio of Monterey. Immediately after the service, enjoy a free Continental Breakfast located inside the Weckerling Center (Building 326, next to the POM Chapel).



NEWS

Adopt-a-Pet Update from the Post Veterinarian

Adoptable dogs and cats are available at the Veterinarian Clinic, Building 4380, Parker Flats Road, POM Annex.

All the pets need a good home and loving care. Costs is \$27 for cats and \$29 for dogs. The fees include rabies and booster shots.

For more information, visit the Veterinarian Clinic, or call 242-7718.

Pets available for adoption:

Sorry, information was not available at the time this issue went to press. Call the Veterinarian Clinic at 242-7718

CRIME HOTLINE

dial:

**24-CRIME
or 242-7463**

To access the recorded Crime Watch Bulletin message, residents may dial 24-CRIME. You'll be asked to press various one-digit numbers.

Wait for the number that represents your specific community and you'll receive your community's crime update news recording. There are separate recordings for Fitch, Stilwell, Marshall and Hayes parks and the Presidio of Monterey.

Crime prevention tips and special bulletins may also be accessed.

Community Library

Chamberlin Library

(Building 4275, 242-7680
POM Annex (former Fort Ord))

ESSAY CONTEST for children and teens

Calling all kids who like to read. The Armed Services YMCA is sponsoring an essay contest highlighting the importance of reading.

Pick up contest information at Chamberlin Library or Porter Youth Center and send in entries prior to the end of March 1998. For additional information, call 242-7680.

Chamberlin Library is open Sunday through Thursday from noon to 7 p.m.

*One of the last
former Fort Ord facilities
continuing to serve*

Results of the Commander's Cup Run held Feb. 26:

The final results of heat no. 1 (females) are:

1st	Co B	14:13
2nd	Co C	15:58
3rd	Co A	16:09
4th	USMC	16:16
5th	Co D	16:53
6th	HHC	17:12
7th	Co F	17:38
8th	311th	18:05
9th	NSGD	*

* = Disqualified for violation of Rule 1.a.

The final results of heat 2 (males) are:

1st	Co B	11:55
2nd	311th	12:05
3rd	Co C	12:19
4th	Co E	12:30
5th	USMC	12:33
6th	Co F	12:50
7th	Co D	*
8th	Co A	*

* = Disqualified for violation of Rule 6

POC is Sgt. 1st Class Jaskiewicz, S3,
229th Military Intelligence Battalion, at
242-5208 or 242-5473.

PETRA CAFE!

An Outreach of the Presidio of Monterey Chapel

Building 619 (Nakamura Hall) - across from Combs Hall Dining Facility

QUESTIONS? Call the Chaplain's Office at 242-5281.

Since first opening in June 1997 the Petra Cafe events have been a huge success -- Petra Cafe has become the place to be on Friday nights. Come on out, bring a friend(s) and enjoy yourself at the Petra Cafe! We meet on Friday nights in Nakamura Hall. We have OUTSTANDING entertainment lined up, that you will thoroughly enjoy. An evening at the Petra Cafe is absolutely FREE of charge for military and family members. That is right, you heard correctly - FREE! No charge for the food, beverages or entertainment! This is an outstanding way to spend your Friday Nights! The Petra Cafe is sponsored by your installation Chaplain.

FRIDAY, Mar. 20 "Video Night" (musical mix) 7:30-10:30 p.m.

FRIDAY, Mar. 27 "Mizpah" (alternative) 7:30-10:30 p.m.

W-2 Hot Line now operational

Dial (317) 510-2800
or DSN 699-2800

Duty days: The phones are manned by several representatives each duty day from 7:30 a.m. until 4:30 p.m. Eastern Standard Time.

Daily: A menu driven answering service is available to customers 24 hours a day, 7 days a week).

Attention all soldiers: For reissue or corrected W-2's, all requests must be submitted through the respective unit S-1 offices. The requests will then be sent to the DLI Army Finance office.

The DLI Army Finance office can directly assist active duty military personnel only, all others will be directed to the Hot Line numbers.

Army Family Team Building

Classes for 1998

March and April

March 18-20 class:

Level 1 & 3

April 8-10 class:

Level 1 & 2

**Be a AFTB
volunteer**

All classes start at 8:30 a.m., and are held at the Post Chapel on the POM Annex, located on North-South Road. Free child care! For information, and to register, call Gert Bledsoe, 393-1538 or Army Community Service, 242-6890 or 242-7660.

— Together Everyone Achieves More!

Got Furniture?

**Call the
Furniture Connection
at ACS**

Call the Army Community Service at 242-7660 or stop by ACS, in the Community Club, Building 4260 (corner of North-South and Gigling roads, POM Annex)

PX mall coffee bar

POM - Mocha Madness is open seven days a week: (opens early Mon., Wed., Fri. 7 a.m.-7 p.m.); (Tues., Thurs. 9 a.m.-7 p.m.); (Sat. and Sun., 11 a.m.-5 p.m.). Relax with music, reading material and something to drink.

Location: POM PX mall. For more information, call Lisa at 333-3004.

Commute by Shuttle Bus

between

former Fort Ord (POM Annex)
and Presidio of Monterey (POM)

Morning Schedule from POM Annex

LV	4260 Community Club	6:30 a.m.
AR	Coe Ave/Mtry Rd.	6:35 a.m.
LV	Coe Ave/Mtry Rd.	6:45 a.m.
AR	Naval Postgrad. Sch.	6:46 a.m.
LV	Naval Postgrad. Sch.	7 a.m.
AR	842 Price Fit. Center	7:10 a.m.

Afternoon Schedule Return from POM to POM Annex

LV	842 Price Fit. Center	5:10 p.m.
AR	617 Aiso Library	5:15 p.m.
LV	617 Aiso Library	5:16 p.m.
AR	Naval Postgrad. Sch.	5:29 p.m.
LV	Naval Postgrad. Sch.	5:30 p.m.
AR	Coe Ave/Mtry Rd.	5:42 p.m.
LV	Coe Ave/Mtry Rd.	5:43 p.m.
AR	4260 Community Club	5:48 p.m.

Optical Shops

**offering
free cleaning and
adjustments;
small repairs for
eyeglasses available
and
Best Price Guarantee**

POM Optical Shop 372-2074

(Presidio of Monterey,
just inside the PX entrance)

Hours:

Weekdays: 10 a.m. - 5 p.m.

Saturdays: 11 a.m. - 4 p.m.

POM Annex Optical Shop 394-4134

(former Fort Ord near PX)

Hours:

Weekdays: 10 a.m. - 6 p.m.

Saturdays: 10 a.m. - 5 p.m.

ODR / ITT

Outdoor Recreation and Information, Travel and Tours

242-6133/5506, Building 228, Lewis Hall, Presidio of Monterey

Hours: 10:30 a.m.-6 p.m., Monday through Friday (2-3 p.m. closed/lunch)

Lake Tahoe Weekend Ski Trips: Treat yourself, family and friends to a week-end ski adventure in the Sierras. All trips include round trip transportation, hotel lodging (double occupancy), lift tickets and ski equipment. Lessons, snowboards, and ski school are available for an additional fee. Family ski packages are also available.

Upcoming weekend ski trips:

Mar. 13-15:

(Adult \$169/Teen \$155/Child \$145)

Mar. 20-22:

(Adult \$169/Teen \$155/Child \$145)

Mar. 27-29:

(Adult \$169/Teen \$155/Child \$145)

Check with ODR before hitting the slopes. ODR sells discount ski lift tickets for all California ski resorts; snowboards, downhill, and cross country ski equipment are available for rent, and ski accessories and jackets are available in the retail shop.

Local Whale Watching Trips:

Last month to enjoy the magnificent California Gray Whales on the Monterey Bay with Outdoor Recreation. Various departures daily. Adult tickets are \$12 and \$8 for children.

SCUBA Diving:

Next class begins **Apr. 4**. Fee is \$230. Dive into an adventure when you learn SCUBA through our Open Water I class. The class is three weeks in duration and meets the 1st Saturday and Sunday of every month for 3 weeks. Outdoor Recreation also offers advanced instruction, rental gear and select retail items.

For SCUBA equipment, the SCUBA Locker is open at Outdoor Recreation on Saturdays and Sundays from 7:30 to 9 a.m. and 3:30 to 5:30 p.m. Call the Scuba Locker at **242-6410**.

Surf Class:

March and April classes: **Mar. 14 and Apr. 11**. Fee is \$40. Each class begins on the 2nd Saturday of each month.

Discount Tickets:

Don't forget to stop by the ITT Office and Outdoor Recreation before departing on your next outing. We offer discounts to the local movie theaters, Aquarium, See's Candies, Disneyland and numerous other attractions. We can also assist you with lodging and auto rentals.

Salmon Season Opens Mar. 14:

Deep sea fishing; trips depart daily.

Great America Opens Mar. 28:

Northern California's premier theme parks opens for the spring season. General admission tickets will be available at the ITT Office for \$20.50, that's a great savings over the regular price of \$31.99. The park will open weekends only, and Apr. 8-11 and Apr. 13-19, until the summer schedule goes into effect.

Marine World, Africa USA, Opens Gates Mar. 28:

Tickets are available at the ITT Office (\$16 for adults and \$12 for children). Marine World is a one of a kind combination wildlife park and oceanarium, with a few rides thrown in.

at The EDGE Club

(Building 221, Presidio of Monterey)

Thursday Night

The club is open from 7 p.m. till 1 a.m. with complimentary appetizers. **"KARAOKE" with KJ Al Ewing** starts at 9 p.m. There is a \$1 cover charge for authorized patrons and \$5 for guest.

Friday Night

Social Hour is from 4:30 till 6:30 p.m. with complimentary appetizers. **Dance Music and DJ Adam Flores**, from 9 p.m. till 2 a.m. Cover charge is only \$1 for authorized patrons and \$5 for guest.

at the

General Stilwell Community Center

(Building 4260, POM Annex)

Wednesday

Family Night Madness

All-You-Can-Eat Buffet

Dinner is served from 5 to 8 p.m. Prices: \$5.95 for adults; .35 cents per year for children ages three to 11 years; free for under three years.

Mar. 18 - All American Night

Mar. 25 - closed due to a one-day power shut off

ITT tours

Mar. 21 NHL Hockey, Sharks vs. Avalanche (\$32)

Mar. 21 Phantom of the Opera (\$55)

Mar. 28 Local Wine Tour (\$20)

Apr. 11 NBA Basketball Tour, Warriors vs. Lakers (\$36)

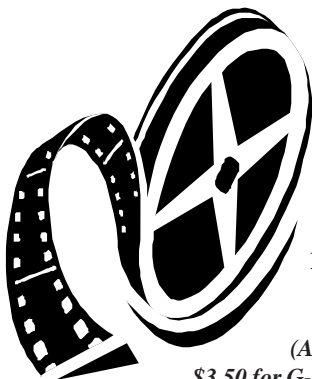
Apr. 18 Great America Trip (\$33)

Apr. 25 Great American Musical "Show Boat" in San Francisco (\$45)

Barker Theater

Presidio of Monterey Annex

393-2095



Movies scheduled
subject to change.
Located next to the
PX on POM Annex
(former Fort Ord).

Military I.D. not required
Adults (12 & up) \$3.50
Children (5-11) \$2
(All children will be charged
\$3.50 for G-rated and Matinee movies.)

Fri	Mar. 13	7 p.m.	Hard Rain (R)
Sat	Mar. 14	1 p.m.	The Little Mermaid (G)
		6:30 p.m.	Fallen (R)
		9 p.m.	Wag The Dog (R)
Sun	Mar. 15	7 p.m.	Great Expectations (R)
Fri	Mar. 20	7 p.m.	Fallen (R)
Sat	Mar. 21	1 p.m.	Blues Brothers 2000 (PG-13)
		6:30 p.m.	Phantoms (R)
		9 p.m.	Spice World (PG)
Sun	Mar. 22	7 p.m.	Blues Brothers 2000 (PG-13)
Fri	Mar. 27	7 p.m.	Spice World (PG)
Sat	Mar. 28	1 p.m.	Sphere (PG-13)
		6:30 p.m.	Kundun (PG-13)
		9 p.m.	Desperate Measures (R)
Sun	Mar. 29	7 p.m.	Sphere (PG-13)

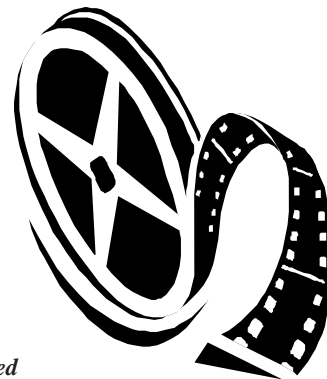
POM Theater

Presidio of Monterey

372-1249

Movies scheduled
subject to change.
(Located near Soldier
Field / High Street Gate)

Military I.D. not required
Adults (12 & up) \$3.50
Children (5-11) \$2
(All children will be charged
\$3.50 for G-rated and Matinee movies.)



Fri	Mar. 13	8 p.m.	Star Kid (PG)
Sat	Mar. 14	8 p.m.	Jackie Brown (R)
Thurs	Mar. 19	8 p.m.	Deep Rising (R)
Fri	Mar. 20	8 p.m.	The Boxer (R)
Sat	Mar. 21	8 p.m.	Hard Rain (R)
Thurs	Mar. 26	8 p.m.	Fallen (R)
Fri	Mar. 27	8 p.m.	Wag The Dog (R)
Sat	Mar. 28	8 p.m.	Great Expectations (R)
Thurs	Apr. 9	8 p.m.	Kundun (PG-13)
Fri	Apr. 10	8 p.m.	Sphere (PG-13)
Sat	Apr. 11	8 p.m.	Desperate Measures (R)

PX concessionaires hours

(see Page19, for phone numbers)

POM ANNEX

Barber Shop

Mon.-Fri., 10 a.m.-6 p.m.
Sat., 9 a.m.-5 p.m.
Sun., Closed

Beauty Shop

Mon., Closed
Tues. & Wed., 10 a.m.-6 p.m.
Thurs., 9 a.m.-6 p.m.
Fri., 9 a.m.-6 p.m.
Sat., 9 a.m.-5 p.m.
Sun., Closed

Cleaners

Mon.-Fri., 10 a.m.-6 p.m.
Sat., 10 a.m.-5 p.m.
Sun., Closed

Optical Shop

Mon.-Fri., 10 a.m.-6 p.m.
Sat., 10 a.m.-5 p.m.
Sun., Closed

Flower Shop

Mon.-Fri., 10 a.m.-6 p.m.
Sat., 10 a.m.-6 p.m.
Sun., Closed

POM

Barber Shop

Mon.-Fri., 10 a.m.-6 p.m.
Sat., 10 a.m.-6 p.m.
Sun., Closed

Mocha Madness

Mon.-Fri., 10 a.m.-8 p.m.
Sat. & Sun., 11 a.m.-5 p.m.

Cleaners

Mon.-Fri., 10 a.m.-6 p.m.
Sat., 11 a.m.-3 p.m.
Sun., Closed

Alterations/Cleaners

Mon.-Fri., 10 a.m.-6 p.m.
Sat. & Sun., Closed

Sprint Barracks Phone

Mon.-Fri., 10 a.m.-6 p.m.
Sat., 11 a.m.-2 p.m.
Sun., Closed

Optical Shop

Mon.-Fri., 9 a.m.-5 p.m.
Sat., 11 a.m.-4 p.m.
Sun., Closed

Upcoming Test Dates

Apr. 13 ACT (8 a.m.)
Feb. 9 PRAXIS Core and Specialty

All of the listed tests are administered free to first time military examinees. Early registration is advised.

Army Correspondence Courses

More than 220,000 active duty and reserve soldiers and officers are enrolled in the Army Correspondence Course Program (ACCP). Over 356 correspondence courses and 2500 subcourses relating to everything from math to psychological operations. Specialists and sergeants earn one promotion point for every five credit hours of completed course work. Reserve soldiers can use ACCP to help obtain MOS qualification; and they along with National Guard soldiers accrue one retirement point for every three credit hours completed. Students can enroll in as many as 25 subcourses at a time in any combination, however, courses must be MOS related. Some of the most popular courses for new DLI/POM students are Basic Leadership Prep Course (open to

Continuing education -- key to your career and future

Visit the POM Education Center,
located in Building 273, Presidio of Monterey
242-5325 or 242-5866

all enlisted ranks) and Primarily Leadership Development Prep Course (open to PFC and SPC ranks).

If you are currently enrolled or have been enrolled in the past 4 years in the ACCP, you may enroll via the *Internet* http://www.atsc-army.org/atdl/register/accp_top.htm

MPC/DLI Late Spring Registration - Now until April 3

It is still possible for DLI students to enroll for any of a half a dozen different MPC courses running March 30 to June 2, 1998. All six classes are very DLI user friendly and Tuition Assistance brings the expense of one semester hour of credit down to just \$3.25 for the service member. The classes in Foreign Language Work Experience, Independent Physical Fitness Program, Introduction to Marketing, Child and Adult Development, Sociology 1, and Anthropology all allow DLI students to fulfill all course requirements without leaving the POM. Enrollment and Tuition forms are available at the POM Education Center, Bldg. 273, phone 242-5325. Weekly briefings, describing the details and requirements

of the MPC/DLI AA degree program, are held every Tuesday afternoon from 4 to 5 p.m. at the Weckerling Center.

What does Pre-Law study in College actually mean?

Contrary to common belief, "pre-law" is not a major at the undergraduate level, rather it is a term that describes a student interested in applying to law school. Pre-law students major in every field from political science to English to engineering. In fact, the Association of American Law Schools in its Statement of Prelegal Education recommends no specific major or specific courses for pre-law students, but: "stresses the development of basic skills and insights ... (to) include perception and skill in the use of the English language, and ... the development of creative powers of thinking, reasoning and analysis." Therefore students should not necessarily chose a major which has been traditionally considered a "pre-law" major, but should consider a major that you enjoy and can do well in (since overall GPA is important in applying for Law school).

"Worth Repeating"

Source:

A
F
I
S

Armed
Forces
Information
Service

Observing Women's History Month

"Learning is not obtained by chance. It must be sought for with ardor and attended to with diligence."

Abigail Adams (1744-1818) American first lady

"It's not the load that breaks you down, it's the way you carry it."

Lena Horne (1917-) American entertainer

"A leader who doesn't hesitate before he sends his nation into battle is not fit to be a leader."

Golda Meir (1898-1978) Former Israeli Prime Minister

"There are people who have money and people who are rich."

Coco Chanel (1883-1971) French fashion designer

"Advice is what we ask for when we already know the answer, but wish we didn't."

Erica Jong (1942-) American writer

Monterey County Chapter American Red Cross

Building 234, POM
242-6800

*Keeping Monterey County
safe for 100 years
(1898-1998)*

POM - The following American Red Cross Monterey County chapter classes are held in Building 234, POM (intersection Patton Avenue and Infantry Street). Classes fill up fast. Reserve your space NOW to learn these valuable lifesaving skills, because ...Help can't wait.

Health and Safety Classes

Community First Aid and Safety Classes do cost (pre-pay), however there are discounts for active duty and their spouses -- bring your military I.D.)

(NOTE: CPR must be taken prior to taking First Aid Classes.)

Standard First Aid

(Meets two evenings or one Saturday)
(\$25 military / \$30 civilians)

- Mar. 14 (9 a.m.-5 p.m., Sat.)
- Apr. 15 (6-10 p.m., Wed.)
- Apr. 16 (6-8:30 p.m., Thur.)
- May 2 (9 a.m.-5 p.m., Sat.)
- May 6 (6-10 p.m., Wed.)
- May 7 (6-8:30 p.m., Thur.)
- Jun 13 (9 a.m.-5 p.m., Sat.)
- Jun 17 (6-10 p.m., Wed.)
- Jun 18 (6-8:30 p.m., Thur.)

Community First Aid and Safety

(\$30 military / \$ 40 civilians)

- Mar. 19 (6-10 p.m., Thurs.)
- Mar. 21 (9 a.m.-7 p.m., Sat.)
- Apr. 2 (6-10 p.m., Thurs.)
- Apr. 4 (9 a.m.-7 p.m., Sat.)
- May 16 (9 a.m.-7 p.m., Sat.)
- Jun. 6 (9 a.m.-7 p.m., Sat.)
- Jun. 15 (6-8:30 p.m., Mon.)
- Jun. 16 (6-8:30 p.m., Tues.)

POM Dental Clinic

(Building 422, Kit Carson Road)
Hours of operation

Mon., Wed., Fri. (7 a.m. -4 p.m.)

Tues., Thurs. (7 a.m. - 7 p.m.)

Sick-Call

Mon.-Fri. (7 -9 a.m. - walk in only)

Emergencies After-hours

Call 242-5612 or 242-5613

(Listen to the recorded message and follow instructions to receive dental treatment)

Class 4 (annual) Exams

Just walk in (No appointment).

In / Out Processing

Mon., Wed., Fri. (7 a.m. -3:30 p.m.)

Tues., Thurs. (7 a.m. -7 p.m.)

Appointments

Call 242-5612 or 242-5613 or
walk in to make appoints.

Comments

Please address your comments to:
SFC Gonzales, First Sergeant, Dental Clinic at 242-5678 (fax 372-5323).



Disaster Services Classes

*All classes are held at Building 234, POM
(no charge for military or civilians)*

Introduction to Disaster Services

•Apr. 8 (6-9 p.m., Wed.)

•May 4 (6-9 p.m., Wed.)

Emergency Assistance I

(Prerequisite: Intro to Disaster Services)

•May 20 (6.-10 p.m., Wed.)

•May 21 (6-10 p.m., Thurs.)

Emergency Assistance II

(Prerequisite: Emergency Assistance I)

•Mar. 28 (9 a.m.-5 p.m., Sat.)

Shelter Operations Workshop

(Prerequisite: Intro to Disaster Services)

•Apr. 21 (6-9 p.m., Tues.)

•Jun. 24 (6-9 p.m., Wed.)

POM Army Health Clinic (POMAHC)

(Building 422, Kit Carson Road)

**For routine or follow up
appointments, call**

242-5741 / 5742 / 5743

Hours of operation

Monday to Friday (7 a.m.-6 p.m.)

(closed on Federal Holidays)

7-11 a.m. -- Active Duty Sick Call by Appointment Only (Service members must call the Health Clinic for an appointment slot at 242-5234 or 242-5663 between the hours of 6:30-7 a.m. only)

1-4 p.m. -- Active Duty routine appointments. (For same day appointments, call between 6:30-7 a.m. at 242-5663 or 242-5234)

4-6 p.m. -- Open for acute injuries or illness (walk-in) Active Duty only.

Saturday Morning

8-10 a.m. -- Sick Call only

After hours On-Call Doctor

242-5234 or 242-5663

General Information

242-5234 or 242-5663

(Please do not use the above telephone line to call for chronic, follow-up, or routine appointments.)

Head Clinical Nurse

242-5662

Health Benefits Advisor

242-6834

Physical Appointments

242-5672

Navy Medical Admin Info

242-5614 or 242-5615

No appointments needed for immunizations

Yellow Fever shots are only offered on early Wednesday mornings (7 to 8 a.m.). Immunizations for family members under 6 years old must have a doctor order to receive the immunizations. Remember, after receiving shots, wait at least 20 minutes before departing the clinic.

Comments

Please address your comments to:
SSG Rodriguez, Jose A., NCOIC,
242-5609, 242-5234 or 242-5663
E-MAIL: jose1962@mbay.net

(Third in a series of health topics to be published in the Community News during the next few months. The following article is provided by the Presidio of Monterey U.S. Army Health Clinic. Part I of this article appeared in the February issue.)

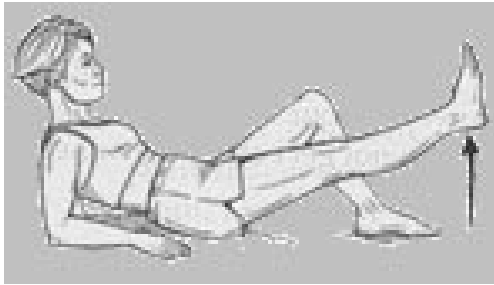
Part II: RUNNERS --

“strengthen” to decrease your injuries

Strengthening Exercises

straight-leg raise --

Lie down with your upper body supported on your elbows. Tighten the top of the thigh muscle of your injured leg. Raise your leg on a count of four, hold for a two count and then lower the leg on a four count. Relax your thigh muscles. Then tighten the thigh



and repeat. Do three sets of 10 repetitions each day. Once your leg gains strength, do the exercise with weights on your ankle. This strengthening exercise may be particularly helpful for patellofemoral syndrome or patellar tendinitis.

straight-leg raise -- Lie on your unaffected side, tighten the thigh muscle of your injured leg and then slowly raise the leg off the floor. Hold the leg up for a two count, and lower it on a four count. Relax your muscles. Then tighten the thigh and repeat. Do three sets of 10 repetitions each day. Once your leg gains strength, do the exercise



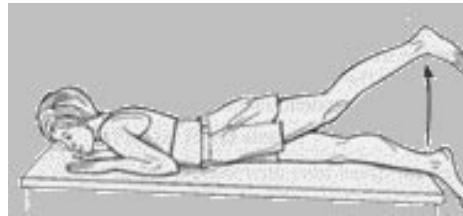
with weights on your ankle. This strengthening exercise may be helpful for iliotibial band syndrome.

straight-leg raise -- Lie on your affected side with the unaffected leg crossed over the knee of your injured leg. Tighten your thigh muscles and raise the injured leg about 6 to 8 inches off the floor. Hold for two seconds, and then slowly lower your



leg. Relax the muscles. Then tighten the thigh and repeat. Do three sets of 10 repetitions each day. Once your leg gains strength, do the exercise with weights on your ankle. This strengthening exercise may be helpful for adductor strain.

straight-leg raise -- Lie on your stomach. Tighten your thigh muscles and slowly raise your injured leg off the floor on a four count. Hold the leg up for a two count, and then lower the leg on a four count.



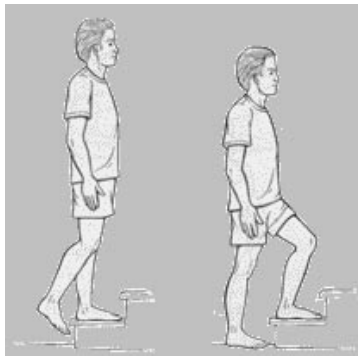
exercise with weights on your ankle. This strengthening exercise may be helpful for hamstring strain.

Relax your thigh muscles. Tighten the thigh and repeat. Do three sets of 10 repetitions each day. Once your leg gains strength, do the

standing wall slide -- Stand with your back against the wall and your feet six to eight inches away from the wall. Slowly lower your back and hips about one third of the way down the wall. Hold the position for about 10 seconds or until you feel that the tops of your thigh muscles are becoming tired. Straighten up and repeat. Perform 10 repetitions each day. This strengthening exercise may be helpful for patellofemoral syndrome or patellar tendinitis.



lateral step-ups -- Stand with your injured leg on a stair or platform that is 4 to 6 inches high. Slowly lower the other leg, striking the heel on the floor. Straighten the knee of the injured leg, allowing the foot of the other leg to raise off the floor of the other leg to raise off the floor. Repeat. Do three sets of 10 repetitions each day. This strengthening exercise may be helpful for patellofemoral syndrome and patellar tendinitis.



“Thanks and keep up the reading” — Staff Sgt. Rodriguez, NCOIC, U.S. POM Army Health Clinic

A Resolution Worth Keeping:

Exercise Regularly

By Lisa E. Stafford,
American Forces Press Service

WASHINGTON — We are well into the new year. Now is the time to start keeping one of your New Year's resolutions. You know, the one about exercising regularly and losing those extra pounds from the holidays. Service members don't have much of a problem — physical fitness standards take care of that. Also, DoD has various health and wellness programs for family members and civilian workers to ensure that fitness is a priority.

Numerous activities can burn off those extra pounds, such as swimming, cycling, jogging, skiing, tennis, aerobic dancing — or just walking briskly in the evening after dinner. Many people find it hard to start an exercise program and even harder to stick to one. Maybe you're the kind of person who needs a structured program with a trainer. Or maybe you can make exercise part of your daily routine. Either way, the goal is a healthier, happier you — don't make exercise an overwhelming chore.

The American Heart Association attributes heart attacks and strokes partially to a sedentary lifestyle. If you are overweight, or have a high risk of heart disease, or have other chronic health problems, see your doctor for a medical evaluation before beginning any physical activity program. After getting your doctor's permission, exercise gradually if you have been sedentary a long time.

The American Heart Association recommends the following tips for exercising success:

- Choose activities that are fun and not exhausting.
- Don't rely too much on one activity. Developing a variety of activities you enjoy will prevent boredom and dissatisfaction.
- Be sure to wear comfortable clothes and shoes. Choose loose-fitting clothing that is appropriate for the weather and the activity.
- Have a convenient time and place to exercise, and try to make it a habit. However, be flexible. If you must miss a session, try to work exercise into your day in another way.
- Try using music to keep you entertained as well as motivated.
- Find a partner. Workouts are sometimes easier and more fun if you can find someone to exercise with you regularly.
- If you have children, also get them involved. Be a role model — instilling physical activity early will help them avoid weight problems later.
- Start slowly. Try not to overdo. Start with low to moderate level activities and slowly increase the duration and intensity over a period of time.
- Keep a record of your activities. Reward yourself once you have reached certain goals. Success is a powerful motivator.

The chart below shows the approximate calories spent per hour by a person weighing 100, 150 and 200 pounds doing these particular activities:

<u>Activity</u>	<u>100 lb.</u>	<u>150 lb.</u>	<u>200 lb.</u>
Bicycle, 6 mph	160	240	312
Bicycle, 12 mph	270	410	534
Jog, 7 mph	610	920	1,230
Jump rope	500	750	1,000
Run, 5.5 mph	440	660	962
Run, 10 mph	850	1,280	1,664
Swim, 25yds/min	185	275	358
Swim, 50 yds/min	325	500	650
Tennis singles	265	400	535
Walk, 2 mph	160	240	312
Walk, 3 mph	210	320	416
Walk, 4.5 mph	295	440	572

**FREQUENTLY USED
TELEPHONE NUMBERS**
for Presidio of Monterey and POM Annex

EMERGENCIES:

Police - emergencies only 911
Fire - emergencies only 911

POM Police and Fire Department:

POM Police (Federal Police) 242-7851
Fire Department 242-7701

Information:

Post locator operator - POM 242-5119 or 0
Official commercial/DSN call assistance 0

Command hot line "Bossline" 242-POST (242-7678)

Staff Duty Officer - evenings / weekends 242-5119

Evenings: Monday, Tuesday, Wednesday, Thursday 4 p.m. - 7:30 a.m.

Weekends: Friday 4 p.m. to Monday 7:30 a.m.

OTHER AGENCIES:

Alcohol & Drug Abuse Prevention (ADAPC) 242-6960

American Red Cross (ARC) - POM 242-6800

Army Community Service (ACS) - POM Annex 242-7660

Auto Crafts Shop - POM Annex 242-7759/7760

Barber Shop:

POM 372-0520
POM Annex 899-0322

Beauty Salon:

POM 372-0520
POM Annex 899-3198

Billeting - POM 242-5091/5092/6044

Cable service (Coastside Cable) 899-5355

Chaplain:

POM 242-5281
POM Annex 242-7620

Civilian Personnel Office 242-5100

Cleaners / alterations:

POM 372-6546
POM Annex 899-2838

Club - The EDGE Club - POM 649-1822/1823

Commissary: POM Annex

Hours of operation recording 394-7116
Cashier 242-7671
Accounting / bad checks 242-7669
Bakery 899-3218
Deli 393-2976
Meat Dept. 242-7679
Grocery Dept. 242-7673

Credit Union - POM Annex 393-3480

Dental Clinic - POM 242-5612/5613

Education Center - POM 242-5325/5866

Equal Employment Opportunity - POM 242-5105

Employment

CPO Employee Services Branch 242-5137/5867

Family:

Army Community Service (ACS) 242-7652/7660
Family Advocacy 242-7653
Child Development Service (CDS) office 394-2297/2395
CDS - Monterey Road, POM Annex 583-1050/1051
Family Child Care (Quarters-based) 583-1061
Scouts: Boy Scout and Girl Scouts 242-5194

Finance:

Finance Office (Defense Military Pay Office) 242-6366
Claims Branch - Staff Judge Advocate (SJA) 242-5083
Army Emergency Relief (ACS) - POM Annex 242-5501

Flower Shop:

POM Annex 899-5628

Gas stations:

Car Care Center - POM 372-0702
Car Care Center - POM Annex 394-8219

Health Clinic (active duty military, family):

POM Army Health Clinic 242-5663/5234

Appointments (routine, follow up) 242-5741/2/3

Appointments (sick call, same day)

Noncommissioned Officer In Charge 242-5609/5234

Community Health Nurse 242-7580

Social Work Services 242-5663

Health Insurance:

Health Insurance Benefits Advisor 242-6834/7566/7567

TRICARE (Foundation Health Federal Services)

1-800-242-6788

Housing:

Customer service - Housing Office 656-2321

Repairs:

Dept. Public Works - POM Annex 242-7664

Self Help Store (do-it-yourself) - POM 242-5713

Self Help Store (do-it-yourself) - POM Annex 242-7615

Inspector General (IG) 242-5173

Identification Cards 242-5209

Leisure

Information, Tour & Travel 242-5506/6133

Golf Course 899-2351

Outdoor Recreation - POM 242-5506/6133

Outdoor Recreation - POM Annex 582-4107

Price Fitness Center (Gym) - POM 242-5700/5641

Mon- Fri, 5:30-7:30 a.m. and 10 a.m. -9 p.m.);

Weekends: Sat and Sun (10 a.m. -6 p.m.);

Holidays (9 a.m. -3 p.m.)

Recreation Center - POM 242-5447

Library:

Academic (Aiso Library) - POM 242-6889

Community (Chamberlin) - POM Annex 242-7680/7681

Optical Shop: POM 372-2074

POM Annex 394-4134

Post Exchange: POM PX 647-9602

POM Annex PX 899-2336

Schools

School District (MPUSD) 649-1565

Marshall Elementary 899-7052

Fitch Middle 899-7080

Seaside High 899-7028

Scouts: Boy Scout and Girl Scouts 242-5194

Telephone Installation: (for phones in barracks)

Phone Center (Sprint) (in PX mall, POM) 333-3000

Telephone Service: (Pacific Bell) 1-800-310-2355

Theater:

POM Theater 372-1249

Barker Theater - POM Annex 393-2095

Transportation: Building 517, POM

(M-F, 8:30 a.m.-12:45 p.m. /reopens 2-4 p.m.)

HHG In-bound (FAX 242-5923) 242-5096

HHG Out-bound 242-5203

Passport / Portcalls 242-5330

TDY (FAX 242-5821) 242-5230

Travel:

Official (*Carlson Wagonlit Travel*) - POM 648-8609

(M-F, 8:30 a.m.-12:45 p.m. /reopens 2-4 p.m.)

Thrift Shop - POM Annex 899-4975

Veterans Administration Clinic - POM Annex 393-2654

Veterinary Services (pets must be registered) 242-7718

Youth:

Youth Services - POM Annex 242-7823

LENT & EASTER CHAPEL SERVICES SCHEDULE 1998

PRESIDIO OF MONTEREY CHAPEL

Building 325, across from Soldier Field (242-5281)

PROTESTANT SERVICES

Palm Sunday Service	Apr. 5	11 a.m.
Good Friday Devotional	Apr. 10	6:45 a.m.
Worship Service	Apr. 12	11 a.m.

CATHOLIC COMMUNITY

Stations of the Cross (Confession, Thursday)	Mar. 19 & 26	6:30 p.m.
Sacrament of Penance (Service/Confession)	Apr. 2	6:30 p.m.
Palm Sunday		
Masses and Distribution of Palms	Apr. 5	9 a.m. 5:30 p.m.
Holy Thursday		
Eucharistic Last Supper	Apr. 9	6 p.m.
Potluck will follow / Adoration in Chapel		
Good Friday		
Passion, Adoration of the Cross/Communion	Apr. 10	6 p.m.
Holy Saturday		
Easter Vigil	Apr. 11	7:30 p.m.
Easter Sunday		
Masses	Apr. 12	9 a.m. 5:30 p.m.

POM ANNEX POST CHAPEL CENTER

Building 4280, North-South Road, (242-7620/7622)

PROTESTANT SERVICES

Palm Sunday Service	Apr. 5	9 a.m.
Maundy Thursday Service	Apr. 9	6 p.m.
Worship Service	Apr. 12	9 a.m.

CATHOLIC COMMUNITY

Soup & Bread Supper	Mar. 13, 20, 27,	6 p.m., 7 p.m.
followed by Stations of the Cross	and Apr. 3 (Friday)	
Sacrament of Penance Service/Confession	Mar. 30	7 p.m.
(combined with Stations)		
Palm Sunday		
Mass	Apr. 4	5 p.m.
Mass	Apr. 5	11 a.m.
Holy Thursday		
Mass of the Lord's Supper	Apr. 9	7:30 p.m.
Adoration of the Blessed Sac.		
(Rice Bowl Collection)		
Good Friday		
Chapel open for Prayer	Apr. 10	noon
Sacrament of Penance		1-3 p.m.
Liturgical Service: Celebration of the Lord's Passion		7:30 p.m.
Holy Saturday		
Blessing of Easter Baskets	Apr. 11	noon
Easter Vigil		7:30 p.m.
Easter Sunday		
Easter Mass	Apr. 12	11 a.m.

*For a listing of Unit Tax Advisors
(see Page 5)*

(Continued from Page 5)

FEDERAL INCOME TAX TIPS

39. TAX TIP: If stateside, and I can't make the 15 April 1998 filing deadline, or overseas and can't meet the 15 June 1998 deadline, what can I do? Fill out Form 4868 and receive an automatic extension to 17 August 1998 (for both stateside and overseas taxpayers). Pick up this form at your Legal Assistance Office. Note, however, that an extension of time to file does not extend the time to pay the tax. If, on filing the Form 4868, you underpay the tax owed, the IRS will charge interest on the unpaid amount from 15 April 1998.



40. TAX TIP: My 10-year-old son earned \$600 from a bank account in 1997. Must he file a return? No. Children under 14 must file a return if their income from investments exceeds a total of \$650 in 1997 or the total of their unearned income (e.g., interest and dividends) and any earned income (e.g., wages) exceeds \$650.

41. TAX TIP: May I deduct my credit card and car loan interest paid in 1997? No, interest paid on these personal loans is not deductible.

42. TAX TIP: How much is the "standard deduction" for 1997? For 1997, the standard deduction is \$4,150 if single, \$6,050 if Head of Household, \$6,900 if Married Filing Joint or Widow(er), and \$3,450 if Married Filing Separate. Persons 65 or older, or blind, have a special, higher standard deduction.

43. TAX TIP: How much is the personal exemption for 1997 tax returns? The personal exemption for 1997 is \$2,650.

44. TAX TIP: If you plan to claim an exemption for a dependent who was born during 1997, you must have a social security number for the dependent, and report it on your 1997 tax return.

45. TAX TIP: I received a house with a fair market value of over \$100,000 because of a divorce decree. Do I include this transfer on my 1997 tax return? No. Property transferred between spouses because of a divorce is not subject to tax upon transfer. You will be responsible for paying tax on the gain you realize when you sell the home.

46. TAX TIP: I own my own home and live alone. Since I'm the only person in the household, can I use the head-of-household tax rates? No. To qualify as an unmarried head of household, and benefit from rates lower than those that apply to single people, you must pay more than half the cost of maintaining a home where you live with a "qualifying individual"

(e.g., child, stepchild, adopted child, foster child, or grandchild).

47. TAX TIP: I gave a check to my church at Christmas time, but it wasn't cashed until the following year. Can I deduct the amount for the year I gave the check, or do I have to wait? You can claim the deduction on the return for the year you gave the check.

48. TAX TIP: Has the investment interest limitation changed in 1997? No, as in last year, investment interest (that is, interest paid or accrued on debts incurred to buy or carry investment property) is deductible only up to net investment income.

49. TAX TIP: Who may qualify to file as "qualifying widow(er)?" If your spouse died in either 1995 or 1996, then for the purposes of your 1997 filing status, you are a qualifying widow(er) and you may use joint return rates on your 1997 return provided you meet all the following requirements: you did not remarry before 1998; a dependent child, stepchild, adopted child, or foster child lived with you during 1997 and you paid over half the cost of maintaining your home; and you were able to file jointly in the year of your spouse's death, even if you did not actually do so.

50. TAX TIP: How do I correct mistakes I made on my income tax return? Use Form 1040X, AMENDED U.S. INDIVIDUAL INCOME TAX RETURN, to correct Forms 1040, 1040A, 1040EZ, 1040NR, and 1040PC.

51. TAX TIP: When should I file Form 1040X? File Form 1040X only after you have filed your original Form 1040. Generally, Form 1040X must be filed within 3 years after the date the original return was filed or within 2 years after the date the tax was paid, whichever is later.

52. TAX TIP: Does the IRS recommend a method of record keeping? You must keep accurate records, but the IRS does not require a particular method. You should keep sales slips, invoices, receipts, canceled checks, and financial account statements in order to verify the deductions and credits shown on your return. Also keep Forms W-2, WAGE AND TAX STATEMENT; Forms 1099 showing interest, dividends, distributions; stock brokerage statements; and any other documents that prove the amounts shown on your return as income.

53. TAX TIP: How do I get a copy of my return? You can request a copy of your return and all the attachments (including Form W-2) by sending Form 4506 to the IRS. There's a \$14 fee for a copy of your return, which must be paid with Form 4506; but there's no charge for only a copy of Form W-2.

54. TAX TIP: What records do I need to keep as a homeowner? You should keep records that show the basis of your property. The basis is usually the cost of your property. You must keep records of the purchase price of your home, any purchase expenses, the cost of any improvements, and any other basis adjustments, such as depreciation and deductible casualty losses. If you sold your old home and postponed tax on the gain from the sale, you should keep information from the old home, too.

Autos

- VW, 1997, Golf GL**, black color, 4 dr, 5 sp, moon roof, AC, AM/FM radio/cassette, AC, alarm, only 5,000 miles. Asking \$13,500 obo. Call 583-0237 if interested. (03-13)
- 1996 Honda, Civic DX**, seafoam green, 3 dr, 5 sp, AM/FM radio, AC, only 6,500 miles, asking \$10,500 /obo. Call 583-0237. (03-13)
- 1994 Pontiac Grand Prix**, 54,000 miles, AM/FM Cassette, AC, power everything, dual airbags, asking \$13,500. Call 899-8419 after 4 p.m. (03-13)
- 1993 Ford T-Bird**, charcoal exterior with leather/cloth seats interior, V-6, Auto, PS, PB, PW, AM-FM Cassette, runs great, good gas mileage. \$8,500/obo. Call Therese at 242-5871 (days). (03-13)
- 1993 Geo Metro Convertible**, moving, must sell, good car, 46,000 miles, \$3,500. Call 642-9125. (03-13)
- 1992 Toyota Previa LE**, 101K, well maintained, moving overseas-must sell by April, \$11,000 /obo. Call 583-0619. (02-13)
- 1992 VW Golf GL**, 4-door, manual, air, sun roof, red, 95k, service history, good condition, 30+ mpg, asking \$4,900. Call 643-2650 evenings. (01-30x6)
- 1991 Plymouth Grand Voyager LE**: Fully loaded, rear air, luggage rack, all power, tilt, cruise, tag good thru June 1998, 110k miles (mostly highway), excellent condition, retails at \$9,400, must sell so a bargain at only \$7,200. Call 899-9301. (01-30)
- 1989 Lincoln Town Car**, loaded, leather seats, excellent condition, 74,000 miles, \$7,100 /obo. Call 649-6866 after 5 p.m. (02-13)
- 1977 911S Porsche Targa**, black, asking \$8,500. Make me an offer! Great deal! Call 242-5228. (03-13)
- 1974 Fastback Mustang**, great condition, w/ alarm, \$6,000. Call 655-5108. (02-13)
- 1972 VW Bug**, runs great, very reliable, never needs smog. Call 899-3676. (02-27)
- 1970 Fastback Mustang**, .302 engine poer steering, AC, new interior, 3-speed automatic, with alarm, \$6,000 / obo. Call 655-5108. (03-13)

Auto Parts / Accessories

- Best Top Nite Cap for Jeep Wrangler (yj)**; black denim covers front and side windows, still in box, (retail \$89) asking \$50. Call 393-2913. (01-30)
- Rims/Tires**: Four (4) silver, standard 14" Nissan, 6 lug rims, chrome lug-nuts and beauty rings included, \$50. Call 444-0119 after 6 p.m. (01-30)

Motorcycles & Parts

- 1995 KAW 600ZXR Ninja**, 4,000 miles, with helmet, like brand new, \$4,950. Call 899-0467. (03-13)
- 1993 Kaw. Vulcan 1500 Motorcycle**, NEW tires/ batteries, saddle bags/cover, asking \$4,800. Call 643-0121. (01-30)
- 1982 Yamaha Seca 750**, about 16,600 miles shaft drive, Runs Great! + helmet, \$950 /obo. Call 394-7526. (01-30)

Trucks / Vans / Sport

- 1997 Jeep Wrangler**, perfect condition, 5,000 miles, many extras, \$14,800. Call Tony at 394-9030. (03-13)
- 1995 Ford F150 Truck**, gray, loaded, low mileage, hitch with trailer lights, \$13,500 /obo. Call Saber, 242-6908 days or 648-1825. (01-30)
- 1994 Isuzu Rodeo**, 5 spd, black, 4wd, loaded, low mileage, asking \$16,065. Call 393-0561 eve & weekends or e-mail: rwcook@redshift.com
- 1994 Dodge Caravan**, like new, gray, auto, AC, PB, \$9,500 /obo. Call Saber, 242-6908 or 648-1825. (01-30)
- 1992 Toyota Previa Van**, fully loaded, new brakes/tires, well maintained, great condition, 102k miles, \$10,200 /obo. Call 583-0619. (03-13)
- 1992 Toyota 2WD Truck**, black, 5-speed, 22RE, 60K miles, Recently had 60K major service, tinted rear sliding window, bedliner, cargo-net, am/fm cassette, bug-deflector, hydraulic-hinged tonneau cover, plus much more \$7,500 / obo. Call 394-7063. (02-13)
- 1989 Nissan Pathfinder**, auto, A/C, 4WD, all power, sun roof, ski rack, NEW tires, NEW Timing Belt, \$6,500 /obo. Call evenings, 392-1527. (01-30x6)
- 1988 Mazda Pickup Truck**, 150K, great commuter, dependable, moving overseas-must sell by April. \$1,000 / obo. Call 583-0619. (02-13)
- 1986 Ford Bronco**, Eddie Bauer edition for only \$5900 (\$5400 for military)! Power everything! 149K mi, AC, captain's seats, AM/FM/6xCD changer, tow package, heavy duty roof rack, chrome nerf bars, new 302 V-8 engine and transmission installed in 1994, alarm, service records. Call 648-8354, leave message.
- 1972 Toyota Land Cruiser**, 327 small block engine, Toyota Supra bucket seats, new blue paint, asking \$2,000. Call 884-0529, leave message. (02-13)

Your ad here.

Computers and Accessories

- SEGA GENESIS GAMES (including direction books!)**; (1) Fatal Rewind; (2) NBA Jam; (3) NHL '97; (4) NHL '95 (5) NFL '95; (6) Baseball '93. Price \$15 each. Call 644-9727. (02-13)
- 486 DX2**, with fast 57 baud modem, great for practicing target foreign language on the internet, including Word Perfect 7, printer, software for Persian/Chinese/Japanese languages, and games, \$600. Call 333-3782. (02-13)
- WebTV Unit**, brand new, up to six e-mail accounts, print and wireless keyboard options available, \$120 /obo. Call 583-0409 and ask for Mike. (01-30)
- 486 DX2/66, Desktop, 14" SVGA monitor**, 16 Megs RAM, 425 Meg hard drive, 16 Bit sound card and speakers, accelerated sound card, 2X speed CD ROM, and keyboard, \$600. Call Jason, 392-1231. (01-30)
- 486SX Packard Bell computer with monitor** and 33.3 external modem, 75 mb hard drive, 8 mb RAM, 3.5" and 5.25" drives with 8x compact disk drive installed, \$350. Call 393-2411. (01-30)
- Sauarer Computer Desk and Printer Stand**, \$30. Call 884-0432. (01-30)
- PNY Memory Master RAM 32 SIMM**, \$150 /obo. Call 899-4424. (01-30)

Entertainment Items

•**Musical Instruments:** *Peavey Speaker for Keyboard, \$300; *Peavey Speaker for PA, \$400; *PA System, \$300; *Yamaha Electronic Piano (band quality), \$900. *Misc mikes, cords, etc., \$125. Call Joseph, 655-0435 (H); 242-6587 (W).

•**Television: 25" (RCA) color Console** w/ Remote. Excellent, 5 years old, \$150. Call 394-7952. (02-27)

•**2 Television Sets: 13" color TV**, \$80 obo; and **9" color TV**, \$70 obo. Both excellent condition, rarely used. Call 655-3407. (01-30)

•**Vented Floor Speakers (pair)**, handles 125 watts of power, offers circuit protection with a 1.65 amp circuit breaker, impedance of 4-8 ohms, frequency response of 60 hz to 20 khz, all in a black finished cabinet (approximate dimensions: 36"x12"x12"), plenty of free speaker wire, asking \$700 /obo. Call 392-1852. (01-16)

WANTED TO BUY:

•**Multisystem TV or VCR** and adapters. Call 899-5203 after 10 a.m. or leave message. (02-13)

Sports Equipment

•**Health Rider**, (new, still in box), asking \$200 /obo. Call 394-7371. (02-13)

•**Weight Bench and Bar with Leg Press** attachment, \$40. Call 384-2452 and leave a message. (02-27)

•**BunBurner Exercise Equipment with Videos**, \$125; •**Bookshelf**, large, white, \$40; Kitchen Table, with Benches, \$100. Call 648-8237. (02-13)

•**Exercise Rider**, just in time for your New Year's Resolutions! Excellent condition, \$50. Call Mike at 392-1820 (evenings only). (01-16)

Your ad here.

Miscellaneous

•**Diamond Engagement Ring**, .5 Carat total weight of diamonds, 14K Band, \$600. Call 648-8237. (02-13)

•**Yellow-headed Amazon parrot**, have had her about 4 years now, needs more attention than I can give her. Great for someone that knows about birds and has the time to work with her, \$225 /obo includes cage, books and feed. Please call 899-9064. (02-13)

•**Aquarium, 29 gallon**, glass, with stand, includes gravel, pump, AquaTech filter system, heater, lid, light, etc...Also can have 6" Baracuda fish if so desired, \$150 firm. Call 394-7063. (02-13)

•**Dog Kennel**, medium size (27L, 20W, 19H), hardly used, reduced to \$25. Call 393-2517. (02-13)

•**Watch: Seiko Professional Diver's Watch**, \$60. Call 242-7919. (01-30)

•**Air Force Dress Clothes:** Shirts size 16, long and short sleeve, some with SRA stripes, \$5 ea; •**Pants**, size 33/34, \$10 ea. All practically new. Call 394-0329. (01-16)

If you found something of value in a trash can, what would you do?

**THANK YOU
Frankie Lomboy
of PRIDE Industries**

for finding the lost ladies brooch

FOUND CAT:

Female, declawed pastel calico. No collar/ID chip. Family pet found under old Fort Ord MEDDAC stairwell. Call 582-2910 or 242-5572 (Carol). (02-27)

LOST CAT:

Female, gray and tiger; white belly, nose and paws; no collar. Afraid of people. Stilwell Park area. Call 899-5849. (02-27)

Need Babysitter (can be a teenager)

occasional weekend evenings; and
day care summer (2+months, fulltime, M-F)
Call 883-1374. (02-27)

WANTED:

Baby items: 2 Car Seats; 2 Wooden Cribs; Stroller for twins or 2 Strollers; Changing Table. Call 392-0127 after 6 p.m. or all day weekends. (02-13)

WANTED:

Cradle in good condition. Call Iris, 392-0335. (01-30)

WANTED:

Wanted: Bicycle parts(Shimano or equiv.) and accessories, double jog stroller, will pay cash. Call 583-0619. (03-13)

Magazines WANTED:

Marie Claire Maison, Residences, Maison Francaise, Maison & Jardin or other interior design magazines in French, or any quilting magazines. Call 899-4424. (01-16)

Travel from DLI To EAST COAST for FREE!

**MAY 21-31 ONLY. Call 583-0409 or E-mail:
doublebogie@webtv.net for details (02-13)**

Acceptable Classified Ads: *Lost and Found*, *Wanted* or *For Sale* items such as bicycles, books, cameras, cars, clothes, computers/software, cribs, furniture, rugs, stereos, televisions, tools, trailers, trucks, etc. (this publication does not advertise weapons for sale/trade). Onetime sale only, not for a profit sharing venture of multiple items (classified Ads such as rentals, help for hire, or tutoring for dollars are unauthorized). You are welcome to advertise more than one ad in the same publication. Ads will be published three (3) times in three consecutive issues (or longer if space permits) after which you must call or send in a renewal request. If you have any questions, please feel free to call the Public Affairs Office at (408) 242-5104 and ask for the editor.

When your ad(s) have sold, or if you're departing DLI/POM, please let us know. Call 242-5104.

Household Items

Moving Sale: •Leather Couch and Matching Chair (hunter green), asking \$800 for both; •Oak Desk w/hutch and straight back chair asking \$250 for all three; •Bunkbed w/full size bottom and twin top asking \$100 (include mattresses); •Small Oak Dresser and Chest of Drawers, asking \$150 for both; •Female Clothes for sale in petite sizes 6 thru 10. Call 583-0237. (03-13)

•German Wedding Dress! Size 10, off shoulder with short jacket and other accessories. Must See! \$175 /obo. Call 899-5155. (03-13)

•Med size dog kennel, \$25; •Couch, multi colored, \$175; •Crib, \$50. Call 583-0619. (03-13)

•Smith Corona Electric PWP/Typewriter, printer built-in, w/owner's manual & some accessories, excellent condition, \$80. Call 242-5205 day, 624-1467 eve. (03-13)

•5-pc Dining Set, \$50; •Love Seat-Sleeper, \$50; •5-pc Bamboo Patio Set, \$250; •Blue Fabric Sofa (new), \$150; •2 Bookcases, \$25 each. Call 394-6870. (02-27)

•Bookshelf, large, white, \$40; Kitchen Table, with Benches, \$100. Call 648-8237. (02-13)

•Sauerer Computer Desk and Printer Stand, \$30; •Oak Oval Coffee Table, \$75. Call 884-0432. (01-30)

Young girl's white bedroom furniture: small dresser with mirror, \$50; and night stand, \$20; no bed. Call 899-9342. (03-13)

•High Chair, white w/cushion (light blue/green/pink pattern), \$35; •Deluxe Stroller, navy/white stripe, (originally \$156) asking \$40; •Medela Breast Pump Mini-Electric, \$55; •Baby Sling, size petite, \$20; •Baby Front Carrier, \$10; •Other Miscellaneous Baby Items. Call 384-0655 between 10 a.m. to 8 p.m., Cindy or Jose. (02-27)

•Childcraft crib, white, \$50; •Couch multi-colored, rose, green, cream \$200; •Computer desk, \$20; •Patio Furniture \$75, •Iron and Wood Bench \$20, •Little Tykes Activity Gym (lrg) \$45, •Little Tykes Activity Gym (sm) \$25. Call 583-0619. (02-13)

Your ad here.

•Queen Size Waterbed: Redwood finish, 4 drawers under carriage, sheets, mattress pad & heater included, reduced to \$150 /obo. Call 394-7910. (02-13)

•Coffee Table, Sturdy, wooden with gold, \$50. call 899-7815. (02-13)

•Filing Cabinet, brown, 2-drawer letter size, \$40. Call 899-4424. (01-30)

•Kerosine Heater, \$30; •Rocking Chair, \$60; •Sofa Bed (Q) brown, \$150; •13" Color TV; •Health Rider (new, still in box), \$200. Call 394-7371. (02-13)

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To place an ad in the Community News, you must be assigned to DLIFLC & POM or residing on POM/POM Annex.

If presenting ad in person: Show your military or DoD civilian ID card to: any PAO staff member, Building 614, Room 142 (242-5104).

If sending ad via e-mail (both military and DoD civilians): Includes your office telephone extension & directorate/office.

(DoD CIVILIANS: Include your DoD I.D. number in MS Mail message ad.)

Name

Rank/Level

Unit / Civilian Agency

Phone

Item(s) For Sale or Lost & Found: